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**MARY ELIZABETH'S
WAR TIME RECIPES**

Mary Elizabeth

Mary Elizabeth
War Time Recipes

**CONTAINING MANY SIMPLE BUT EXCELLENT RECIPES, FOR
WHEATLESS CAKES AND BREAD, MEATLESS DISHES, SUGAR-
LESS CANDIES, DELICIOUS WAR TIME DESSERTS, AND
MANY OTHER DELECTABLE "ECONOMY" DISHES**

**BY
MARY ELIZABETH**

WITH TWENTY-ONE ILLUSTRATIONS

**NEW YORK
FREDERICK A. STOKES COMPANY
PUBLISHERS**

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PREFACE

In the early days of the war, I came away from a talk with Mr. Hoover and Dr. Taylor of the Department of Agriculture, convinced that unless I could make candy without sugar and cake, and bread without wheat, I was daily depriving our suffering Allies and our Soldiers of food they sorely needed—Soldiers do not fight well if underfed, nor have they good morale if their families at home are hungry. So it seemed to me that women's first war activity should be to coöperate fully with the Food Administration; and I then and there determined that I would sell and serve in my shops only foods that entirely conformed to the requirements of the United States Food Administration. It has meant a good deal of very interesting work, but the results have far exceeded my hopes, and all these recipes are now in daily use in my shops.

My opportunities for testing recipes are many times greater than those of most women, and war time foods that my patrons will order



and enjoy must possess qualities of merit. The requests for my war time recipes have been so abundant that I am gathering these recipes together in book form, that they may help some folks who have the same earnest desire as myself to aid the Food Administration in every way but lack the facilities and time to work out their own recipes.

The Food Administration's rulings will change from time to time, along with crop and other conditions; but the need for wheat, meat, and sugar conservation—except perhaps for short periods—will continue as long as the wheat and beet sugar fields of Europe remain battle fields and men, who might be raising crops and animals for food, are soldiers.

Fish and poultry, fresh vegetables and fruits that grow nearby (foods that must be carried a long distance by our already overburdened railroads must be used as little as possible) should form the greater part of our diet, and can do so with no sense of deprivation if a little added care and attention be given to menu-making and cookery.

MARY ELIZABETH.

May, 1918.

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I

SUGARLESS CANDIES

All these candies are made without cane sugar; honey, maple sugar and fruits being the only sweetener. One may eat all this sort of candy one wishes without depriving our Soldiers or Allies of sugar.

Most of these candy recipes require a thermometer test. (A confectioners' thermometer can be had at any optical shop—costing about \$1.50.)

CHAPTER I

SUGARLESS CANDIES

MAPLE SUGAR CARAMELS

- 1 lb. (two cupfuls) maple sugar**
- 1½ lbs. (one and one-half cupfuls) corn syrup**
- 1 qt. (four cupfuls) sweet cream**
- 1 can best brand condensed milk**

Stir continuously while cooking, and cook to 240 degrees by the thermometer in winter; 242 degrees by the thermometer in summer.

Pour into an oiled oblong cake-tin to cool.

Turn pan upside down on a cutting board and let the caramel fall out. Then cut first into strips, then into squares with a large sharp knife.

If the caramels are not to be used at once, wrap them in oiled paper.

FIG WALNUTS

Wash a few layer figs, removing the stem of each one, and place them in a sieve, over a kettle of boiling water. Cover tightly and let them steam for five minutes.

Crack walnuts, so as to remove the meats whole, by striking the nut on the smooth side.

When the figs are cool enough to handle, put through a meat grinder or chop *very fine* in a chopping bowl. Form the chopped figs into small balls (a little sherry may be mixed in if desired) and place a walnut meat on each side.

MAPLE BONBONS

Boil a quart of the finest maple syrup, removing from the fire when the thermometer registers 234 degrees. Stir continuously until it becomes quite firm and creamy.

Drop from a spoon on waxed paper, and press a pecan meat on the top of each ball.

HONEY COCOANUT FRUIT SQUARES

Cover one-half pound of desiccated cocoanut with fresh milk and let it stand for a few moments.

Cook one pound of strained honey until it comes to a good boil; add the cocoanut and cook all until it will drop from a spoon in a thick string.

Stir in one-fourth cup of washed currants and pour into an oiled tin.

When cold, cut into inch squares.

PECAN PATTIES

Cook one quart of maple syrup until the thermometer registers 249 degrees. Add one-fourth pound of butter.

Remove from fire and stir in one and one-half cups of pecan meats.

Spoon out into oiled patty tins or muffin rings, and wrap each patty in oiled paper when cold.

STUFFED CARAMELS

For the caramel, use the *Maple Sugar Caramel* recipe and leave the caramel uncut.

MAPLE FONDANT

Cook one quart of maple syrup until the thermometer registers 241 degrees. Wipe away any grains that form on the sides of the saucepan while the syrup is cooking; do this with dampened cheese-cloth wrapped round a fork.

When thermometer registers 241 degrees, remove *at once* from the fire and pour on to a platter, which should be as cold as possible and slightly dampened (do not oil).

As soon as the first heat has passed, begin beating with a fork and continue so to beat and mix until the fondant becomes too hard to mix with the fork.

STUFFED CARAMELS

STUFFED CARAMELS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Then press all together by hand and cover with a damp cheese-cloth for about ten minutes.

Turn the pan of cold maple caramel upside down on a kneading-board and remove the tin.

Knead well some of the maple fondant and roll into a piece as long as the maple caramel and about two inches in diameter. Lay on the caramel and fold the caramel around it as illustrated.

Pinch firmly where the two edges come together, and let all stand, seam edge down, for a few moments, to seal it together. Then gently stretch one end, a little at a time, into a long neck; cut off into small pieces with a sharp knife, as illustrated.

If the caramels are not to be eaten at once, wrap each one in waxed paper.

Maple fondant may be made on a large platter—if not more than a pound and a half is desired. In quantities larger than this and up to five pounds (more than five pounds at a

time is too difficult to beat) a marble slab or table-top should be used to pour the cooked syrup on, and to beat it into a cream.

HONEY CORN BALLS

Pop one and one-half pounds of the best popping corn. Sort or sift out any unpopped kernels and put in the oven to keep warm.

Cook two pounds of strained honey until the candy thermometer registers 240 degrees.

Add butter the size of a walnut and cook to 242 degrees.

Pour a small quantity on to the popped corn and mold what is moist into firm balls; then add more syrup and mold until all is used.

This quantity will make about twenty large balls.

MAPLE OPERA CARAMELS

1 $\frac{3}{4}$ lbs. maple sugar

1 pint cream

Pinch of salt

Cook to 238 degrees.

Pour on to a cold, damp platter and beat with a fork until creamy.

When perfectly smooth, press into a fudge pan and cut into squares.

TUTTI-FRUTTI BALLS

$\frac{1}{2}$ lb. washed figs

$\frac{1}{2}$ lb. raisins (seeded)

$\frac{1}{2}$ lb. dates (pitted)

A little candied citron

$\frac{1}{4}$ lb. chopped roasted hazelnut meats

Steam the above fruits for ten minutes, or until they are soft and tender.

When cool, put through a meat chopper—first a few, adding two tablespoonfuls of brandy.

Mix in the nut meats and mold into little balls.

RICE CRACKLE

Warm contents of one package of puffed rice in the oven, stirring constantly until it is thoroughly dry and crisp.

Cook one pint of strained honey till the thermometer registers 240 degrees. Add a piece of butter the size of a walnut and a pinch of salt.

Cook to 242 degrees, and pour onto the warm rice. Mix well and fill into square buttered cake tins—pressing out the top smoothly with a rolling-pin. The cake tin should be full to the top.

While still warm, turn the pan upside down. Remove the rice cake and cut with a large sharp knife into pieces about five inches long and two inches wide.

SOFT MAPLE SCOTCH

2 $\frac{1}{4}$ lbs. crushed maple sugar

1 pint water

Pinch of salt

Stir until the sugar is dissolved; then put in thermometer and cook to 256 degrees.

Add one-fourth pound of butter; mix in lightly and pour into oiled tins.

When cold, cut into oblong pieces and wrap in waxed paper.

HONEY NOUGAT

Nougat is made in two batches. The first one can be made the day before the other, or a double batch can be made and half of it be kept on hand in an air-tight Mason jar to be used later.

First batch: Cook one and one-half pounds (two cupfuls) of corn syrup to 230 degrees by the thermometer. Add one-quarter pound of XXXX sugar, and pour all *slowly* on to the well-beaten whites of two eggs. Then add, a little at a time, beating constantly, one-half ounce of powdered gum arabic and one-fourth ounce of pulverized gelatin, dissolved in a little water.

Second batch: Blanch one pound of almonds and one-half pound of pistachio nuts, and put in warming oven to dry out thoroughly. Line a pan with rice-wafer paper; use a little water to wet the edges so they will stick together; have the entire pan sides as well as the bottom covered.

Cook one pound (one and one-quarter cupfuls) strained honey, one and one-half pounds

(three cupfuls) shaved maple sugar, one pound (three-quarters cupful) corn syrup, one ounce cocoa butter, and one-half pint (one cupful) water to 268 degrees by the thermometer.

Pour this batch slowly into batch number one, beating constantly. When all this syrup is added, put in the blanched nuts, mixing well.

Pour the nougat into the wafer-lined pan and cover the top with rice-paper. Put a sheet of heavy wax-paper on top of all and weight the nougat with one or two flatirons.

When cold, remove flatirons, turn pan upside-down, and cut with a sharp caramel knife.

Wrap each piece in wax-paper.

The rice-paper is edible and wholesome and need not be removed. It can be bought at a confectioners' supply store. One can use the small rice-wafers, which are on sale for gold-fish food, if larger sheets are not easily found, as it is the same thing; but the larger sheets are the more practical.

COCOANUT MAPLE CREAMS

1½ pounds (three cupfuls) maple sugar
1 can (2 cups) fresh grated cocoanut
½ cupful water

Drain milk from the cocoanut and add to milk enough water to make one-half pint (one cupful) of liquid. Mix with sugar. Put on fire and stir until sugar is dissolved—no longer.

Cook to 238 degrees by the thermometer and add the drained cocoanut.

Cook to 240 degrees. Pour on to a cold, damp platter, and mix with a fork.

When done, put in a double boiler, mixing constantly until all is melted, and drop in spoonfuls on waxed paper.

II

SOUPS

CHAPTER II

SOUPS

MEATLESS BROTH

4 quarts water (or water in which vegetables, rice or potatoes have been cooked)

1/2 cup diced carrots

1/2 cup diced turnips

1/2 cup diced celery

1 onion (chopped)

1 green pepper (chopped)

1 tablespoon barley

1 tablespoon oatmeal

2 tomatoes (cut)

About 12 okra

Season with salt, pepper and paprika. Boil slowly for two to three hours.

Serve with croutons made from bread crusts cut in tiny cubes and browned in the oven.

Pass grated cheese with this soup.

PURÉE OF BLACK BEAN

One pound of dried black beans; wash and soak overnight. Take two quarts of water, two quarts of soup stock, one-half teaspoonful of soda, one bay leaf, a few celery tops, two carrots, two small onions, one-fourth teaspoonful of pepper, one tablespoonful of salt. Cook about three hours, then mash through a strainer and serve with a slice of lemon floating on each cup or plate of soup, or a dash of chopped egg yolks and whites.

Purée of black bean is a war time recipe, because beans contain a great deal of nutriment and make a meat substitute. We must save beef for our soldiers and Allies, and each time we substitute vegetable soups for meat soups, we are conserving meats.

CREAM OF TOMATO AND PEA X

1 pint tomatoes (either fresh or canned)
1/2 pound peas (dried)
1 onion
Celery tops

Use the yellow split peas; soak overnight.

Cook the peas in one pint of water, one pint of tomatoes, with onion and one or two celery tops, until peas are tender; then mash through a sieve and strain. Season with salt and pepper.

A spoonful of sherry to each plate of soup is an addition and should be added just before serving.

Garnish with a slice of tomato with a few peas on top, and then serve with bread croutons, which can be cut from any crusts or good pieces of left-over bread—cut in even tiny squares and browned in the oven.

JELLIED ESSENCE OF CELERY

Use the frame of a chicken after roasting or broiling. Cover with three quarts of cold water. Use the coarse outside stalks of bunch celery and the large green leaves from the tops. Season with two teaspoonfuls of salt and one-half teaspoonful of celery salt. Cover closely and boil slowly two hours.

Strain and cool. Skim off the fat and bring to a boil.

Dissolve one level tablespoonful of pulverized gelatin in one-half cup of cold water. Pour the heated soup over the gelatin and water. Stir till thoroughly dissolved. Cool and set on ice till chilled.

Served in bouillon cups.

Garnish with small white leaves of celery.

CREAM OF PEA AND TOMATO SOUP

JELLIED ESSENCE OF CELERY

CORN AND TOMATO CHOWDER

2 small onions
2 slices salt pork
1 can tomatoes
1 teaspoon soda
1 teaspoon corn
Sprig of parsley
1 cup diced cooked potatoes
1 quart water

Open the can of tomatoes and add the teaspoonful of soda, stirring well. Then boil the tomatoes, corn, parsley and soda for half an hour slowly, and strain.

Dice the onion and salt pork and fry together. Then add to the soup.

Add diced potatoes, salt to taste, and serve.

MARY ELIZABETH'S CHICKEN CONSOMME

X For chicken consommé, use a fine fresh fowl.
(It can be used after boiling for fried chicken,
chicken pie, salads or even browned in the
oven.)

1 fowl (four to five pounds), wash clean and
singe

4 quarts water (cold)

1 onion

1 small carrot (diced)

1 tablespoon salt

A dash of pepper

Boil *very* slowly from three to four hours,
or until the fowl is tender. Let the fowl cool
in the liquor and remove. Skim and strain
soup through a cheese-cloth, and serve.

SCOTCH BROTH

Boil a three-pound piece of mutton (neck or shin) in four quarts of cold water and a tablespoonful of salt. Let it boil slowly for about one hour and a half; skin and strain.

1 carrot (large) diced

1 onion

Three or four chopped celery stalks

½ chopped green pepper

Add vegetables to the strained soup stock and boil slowly for another hour.

Then add one cup of cooked barley (two tablespoons of raw barley cooked till tender, or about two hours). Boil for a few moments and serve.

CREAM OF CLAM

18 clams (cut in pieces)
2 quarts boiled milk
1 tablespoon butter
2 heaping tablespoons corn flour
1 teaspoon salt
Dash of pepper

Put cut clams in their liquor over the fire and bring to a boil.

Melt the butter; add the flour, salt and pepper, and then slowly a cup of the milk. Stir well and add the rest of the milk, and last the clams, and serve immediately.

CLAM CHOWDER

- 2** dozen clams—remove from liquor and chop
- 1** good-sized carrot
- 1** onion
- 4** potatoes
- 3** thick slices of salt pork or bacon chopped
and fried
- 1** teaspoon salt
- 1/4** teaspoon thyme
- Dash of pepper
- 1** small fresh tomato, skinned and chopped
- 1** pint cream sauce

Cook until tender in two quarts of water the carrot, onion, potatoes, salt, thyme and pepper.

CREAM SAUCE

- 1 pint milk
- 1 tablespoon butter
- 1 heaping tablespoon corn flour

Melt the butter, add the flour and stir till smooth. Then add the milk slowly, stirring all the while.

When the vegetables are tender, add the tomatoes, cream sauce, fried pork, clams and their liquor. Let it boil for about two minutes, and serve.

CREAM OF CORN

2 quarts milk
1 can corn
3 tablespoons corn flour
1 tablespoon butter
1 cup sweet cream
Dash of pepper
1 teaspoon salt

Make a cream sauce by melting the butter, adding the flour, and then slowly the milk, stirring so it will be very smooth. Then add the other ingredients. Let it boil up, and serve with a spoonful of whipped cream on each cup or plate of soup.

OYSTER BISQUE

X

- 1 pint oysters
- 2 quarts boiled milk
- 1 tablespoon butter
- 2 heaping tablespoons corn flour
- 1 teaspoon salt
- Dash of pepper

Cut one pint of oysters in pieces and bring to a boil and skim. Melt the butter and mix in the heaping tablespoonful of corn flour. Then add, a little at a time, the milk. Stir well till smooth, then add salt and pepper, and lastly the oysters.

Serve immediately, placing a spoon of whipped cream on each cup or plate of bisque.

III

MEATLESS RECIPES

CHAPTER III

MEATLESS RECIPES

VEGETABLE STEW WITH DUMPLINGS

6 potatoes
6 carrots
1 small turnip
2 onions
2 parsnips

Scoup the vegetables into balls with a potato scoup, and boil until tender. Take the water that vegetables have been boiled in and add three tablespoonfuls of corn flour, and one pint of chicken or meat stock—for flavor—and put the cooked vegetables in. Cook this about ten minutes.

Add the dumplings last, made as follows:

DUMPLINGS

- 1 cup mashed potato
- 1 cup rice flour
- 1 teaspoon salt
- 1 heaping tablespoon baking powder
- 2 tablespoons vegetable fat
- 1 egg
- 1 cup milk

Rub the salt, baking powder, flour and vegetable fat together. Beat the one egg and one cup of milk together, and add lastly to the mixture. Drop from a tablespoon into two quarts of salted boiling water and cook ten minutes. Serve immediately.

The water in which the dumplings have been cooked will be found to be thick and flavory. It can be used in any cream soup for thickening or for cream sauce. A very nice onion soup can be made from this thickened water by adding a quart of milk, a grated onion, and salt and pepper.

BROILED MACKEREL WITH WHITE GRAPES

- $\frac{1}{2}$ lb. Malaga grapes
- 1 tablespoon arrowroot
- 1 pint water
- $\frac{1}{2}$ teaspoon salt
- Dash of paprika
- 2 tablespoons vinegar
- 1 teaspoon honey (strained)

Mix the arrowroot, salt, pepper, honey and vinegar. Pour into one pint of boiling water. Boil until clear, and add the grapes (whole). Boil four minutes.

Split and broil a three- to four-pound fresh mackerel over a hot fire; broil about twenty minutes until brown, turning frequently. Season with salt, pepper, and butter.

Fish is a meat substitute; fruit, a perishable food; arrowroot is used for thickening instead of wheat flour; honey for sweetening instead of sugar—a perfect war time recipe.

FINNAN HADDIE—CUCUMBERS AND POTATOES

Finnan Haddie is particularly nutritive, and in these days when we are forbidden ham and bacon, such salty things as this are most acceptable.

Wash the fish first; then boil for a few minutes, removing any skum from the top of the water, before removing the fish.

Peel the cucumbers and cut into two-inch pieces. Boil in salt water about ten minutes.

Cut potatoes in balls with potato cutter, and boil in salt water until tender.

Make a cream sauce of two tablespoonfuls of corn flour, mixed with one tablespoonful of melted butter; stir till melted and thoroughly mixed, then add one pint of milk slowly, and cook till thick; season with salt and pepper and a dash of celery salt.

Put the cream sauce on a platter; then the fish, surrounded by the cucumbers and potatoes, and serve hot.

FRIED OYSTERS (COOKED IN THE OVEN)—TARTAR SAUCE

Roll each oyster in corn flour seasoned with salt and pepper; dip in beaten egg; then roll in bread crumbs. Brush with vegetable oil, and bake in a hot oven till light brown.

Serve with tartar sauce, which is made by adding chopped olives, dill pickles, parsley and capers to mayonnaise. (See Chapter IV for mayonnaise recipe.)

By cooking oysters or any fried foods in this way, one conserves a good deal of fat, and they are even more delicious and *more digestible* than the old way.

X

BROILED BLUEFISH—CUCUMBER JELLY

Make the jelly—using one quart of water, one teaspoonful of salt, one ounce of gelatin and three grated cucumbers. Dissolve the gelatin in a little of the water (cold). Put the rest of the water over to boil with the salt. Add the gelatin; take from the fire and stir thoroughly till dissolved. Then add the cucumber.

A tiny drop of green coloring adds to the appearance of this jelly, and if you get the kind made from vegetables, it is harmless.

Pour into small cups or individual jelly molds.

Clean and wash the fish thoroughly; then dry, pepper and salt and brush with vegetable oil. Put near to flame to brown first one side, then turn and brown the other side.

Remove the cold jelly from molds and serve with the hot broiled fish and tartar sauce. (Tartar sauce is made by adding chopped dill pickles and capers to mayonnaise dressing, as given under salads.)

X LOBSTER THERMIDOR

Drop the lobsters in boiling water and cook until shells are thoroughly red. Remove and cool. When cold, cut the shell carefully down the soft part, to keep the shell intact; take off the claws and remove meat.

CREAM SAUCE

- 1 pint half milk, half cream
- 1 teaspoon butter
- 1 teaspoon salt
- 1 tablespoon corn flour (not cornstarch)
- $\frac{1}{4}$ cup of sherry

Melt the butter in a saucepan; add the flour, and stir till smooth. Add milk and cream a little at a time until it is all added; then cook slowly for about five minutes. Add the salt.

MAYONNAISE FOR LOBSTER THERMIDOR

- 1 pint salad oil
- 1 egg yolk
- 1 teaspoon salt
- 3 tablespoons vinegar
- 2 teaspoons dry mustard

Put the yolk of one egg in an ice-cold dish; add one teaspoonful of salt and a dash of cayenne. Beat till smooth; then add slowly—almost drop by drop to begin with—the salad oil, adding every two or three minutes some of the vinegar until all the oil and vinegar are used. Add mustard.

The above amount of sauce will do for about a dozen one-pound lobsters.

Cut the lobster meat in one-inch squares and mix with the cream sauce. Then add the mayonnaise. Put back into shells; sprinkle with grated cheese and bread crumbs; and put under broiler to brown.

Lobster is one of the perishable luxuries which the Government urges those who can afford it to use.

SCALLOPED CORN AND CLAMS

- 2 dozen clams
- 1 can corn
- 1 cup white sauce
- $\frac{3}{4}$ cup bread crumbs
- $\frac{1}{2}$ teaspoon salt
- A few grains of pepper

Cut the clams in half; add the corn and then the white sauce. (Recipe for white sauce under *Rice and Mushroom Croquettes*.)

Add one-half teaspoonful of salt and one-half cup of bread crumbs. Stir well.

Put a layer of crumbs in the bottom of a buttered baking dish. Pour in the mixture and use the remaining crumbs over the top.

Place a few bits of butter on top and brown in the oven.

PIGEON PIE

Pigeons are not much used for food, except as squab, but the older pigeon is delicious when properly cooked; and in England, pigeon pie is a famous dish.

For pigeon pie, older pigeons, if cooked as follows, are very delicious; and not so expensive as young pigeons or squab.

Cover the bottom of a stewpan with one-half cup of crisco. Add a small onion cut into bits, a carrot diced, and a teaspoonful of salt. Put in pigeons, each cut into four pieces; cover with boiling water. Cover tightly and let simmer slowly until the pigeon is tender; adding boiling water when necessary.

Thicken the gravy with corn flour, and put all into a baking dish, with a cup turned upside down in the center to hold the gravy. Cover the top with well-seasoned, fluffy mashed potato (by squeezing the potato through a pastry tube a very pretty top is made). Put into the oven to brown, and serve.

FRIED OYSTERS (COOKED IN THE OVEN)

CHICKEN WITH CRISP NOODLES

SQUAB ON HOMINY SQUARES

The United States Food Commission says: "Eat delicacies." So those who love squab may indulge with a clear conscience, provided they substitute fried hominy squares for the usual wheat-bread toast.

HOMINY SQUARES

Cook one quarter of a pound of hominy in a quart of boiling water and one teaspoonful of salt. Stir continuously and cook for half an hour.

Pour into a bread tin, and when thoroughly cold cut into triangles about one-half inch thick.

Dip into egg and bread crumbs, and fry in deep fat until a light brown color.

The squab should be cooked as follows:

Truss and place in a steamer over boiling water and steam for about two hours, or until the bird is tender. Remove from the steamer;

stuff with well-seasoned mashed potato; dot the breast with bits of fat or salt pork; and broil until brown.

Serve on hominy squares.

SMOTHERED CHICKEN WITH BOILED CHESTNUTS

Use a broiling or young roasting chicken.

Cut the chicken into portions, salt and dredge with corn flour.

Put into a pan with very little water. Cover tightly and roast till tender; then remove cover and let brown.

Cut a gash in each chestnut and put in hot oven for a few minutes till the shells are easy to remove; take off also the brown inside skin. Boil in salted water till very tender; strain and allow to dry a bit on top of oven; then serve with the chicken.

Chestnuts are full of nutriment, and chicken is one of the things we should use often in place of meat.

ROAST GOOSE—SAGE AND ONION DRESSING

For about an eight-pound goose use:

2 cups bread crumbs, moistened with water
1 chopped onion, fried in 2 tablespoons fat
 $\frac{1}{2}$ teaspoon sage
1 teaspoon salt
Pinch of pepper

Cook the giblets till tender; chop and add to dressing.

After cleaning and washing the goose thoroughly, stuff and sew at the neck and back. Roast very slowly—about three hours.

There is a great deal of fat on a goose, and in these days of scarcity of fats, this should be saved and utilized for other cooking.

CHICKEN WITH CRISP NOODLES X

Mix large pieces of cold cooked chicken meat with a cream sauce made as follows:

- 1 pint milk
- 1 tablespoon butter
- 1 heaping tablespoon corn flour
- $\frac{1}{2}$ teaspoon salt

Melt butter, stir in flour and add boiling milk. Stir until smooth.

CRISP NOODLES

- 1 egg
- $1\frac{1}{2}$ cups corn flour
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon water

Mix all together and roll thin on a mixing board—just as thin as possible. Hang over a towel on a clothes horse or chair back until a little dry, then roll together in a long piece and slice into shoe-strings. Fluff them apart well and fry in a basket in deep hot vegetable

fat until a light brown. This takes only about two minutes.

Place the noodles around the edge of the platter. Fill the center with hot creamed chicken made as above, and serve.

FRICASSÉE RABBIT—POTATO BALLS

Soak over night one pair of rabbits, after they are cleaned and cut into quarters, in two quarts of water, one-half cup of vinegar, a few bay leaves, two onions—sliced—and a few allspice.

Throw this all off in the morning and wash the rabbits in fresh water. Cover with cold water; put on the fire and when it comes to the boiling-point throw this water off.

Then put on two quarts of boiling water, with salt to season, and cook till tender, or about one hour.

Thicken the gravy with three tablespoonfuls of corn flour; add a wineglassful of sherry; and serve with potato balls made of mashed potato brushed with beaten egg and browned in the oven. A clove stuck on the potato ball adds to the appearance.

Rabbit is really delicious meat, and has been very little used. It can be used in any form in which one would use chicken.

MEATLESS LUNCHEON

- 1 lb. kidney beans
- 1 green pepper
- 1 cup diced carrots
- $\frac{1}{2}$ cup rice
- $\frac{1}{2}$ onion
- $\frac{1}{2}$ can (or a cup) tomatoes
- $\frac{1}{2}$ dozen large mushrooms

Soak the beans in cold water over night. Drain and cook slowly in boiling water (ham bone or a piece of bacon, if you have it, adds to the flavor) for about four hours.

Cook carrots and pepper, and add to beans about twenty minutes before done.

Boil rice separately in salted water. Drain and add.

Garnish with green peppers and fried mushroom tops—using stems for the stew.

Liberty Bread can be appropriately served with this luncheon dish.

RICE AND MUSHROOM CROQUETTES

- 2 cups cooked rice
- $\frac{1}{2}$ lb. mushrooms
- $\frac{1}{2}$ cup thick white sauce
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon butter

Wash the mushrooms. Remove the stems and peel the caps; cut into pieces. (Keep out six medium-sized caps for the sauce.)

Sprinkle with salt and pepper, and fry ten minutes in a vegetable fat.

Add rice; then white sauce (recipe below); and form into croquettes. Dredge with corn flour; dip in beaten egg, and roll in bread crumbs. Fry in deep vegetable fat and serve with brown mushroom sauce.

WHITE SAUCE

- 1 tablespoon butter
- 1 heaping tablespoon corn flour
- 2 cups milk
- $\frac{1}{4}$ teaspoon salt
- Few grains pepper

Melt the butter and stir in the corn flour until it is a smooth paste. Pour over one cup of hot milk; add salt and pepper and cook in double-boiler five minutes.

BROWN MUSHROOM SAUCE

6 medium-sized mushrooms
1 tablespoon butter
1 heaping tablespoon corn flour
1 pint chicken or meat stock
 $\frac{1}{4}$ teaspoon salt
Few grains of pepper

Heat the butter; add flour and brown. Then add salt and pepper and stir in stock until it is a smooth paste. Cook five minutes and add mushroom caps.

ROAST OYSTERS

Take the large-sized oysters on half shell, remove from shell and scrub shell inside and out thoroughly. Then place one oyster on each shell and cover with the following, mixed together:

- $\frac{1}{2}$ cup bread or cracker crumbs
- 1 teaspoon salt
- Dash of pepper
- A tiny bit of grated onion

Moisten with a little oyster liquor or soup stock.

Place a bit of butter on each oyster and bake in a hot oven from eight to ten minutes. Serve at once with a bit of chili sauce in a lettuce leaf in the center of each plate of oysters.

ASPARAGUS HOLLANDAISE WITH POACHED EGG

SAUCE HOLLANDAISE

1 quart milk
2 tablespoons butter
3 heaping tablespoons corn flour
2 egg yolks
Juice 4 lemons

Melt the butter and add the flour; then boil the milk and add. Beat till smooth. Lastly add two egg yolks and the juice of four lemons.

Use cold boiled asparagus and place prettily around a bit of buttered brown bread toast. Place a freshly poached egg on top.

Pour over all the hot hollandaise sauce.

LIMA BEAN CROQUETTES

- 1 pound dried lima beans
- $\frac{1}{2}$ cup bread crumbs
- 1 egg
- 1 tablespoon butter
- 1 cup milk
- 1 teaspoon salt
- 1 pinch pepper

Wash the lima beans and soak over night.

Boil the beans in two quarts of cold water with a pinch of soda. Cook one-half hour or until tender. Press through a sieve.

To this add the bread crumbs, the beaten egg, butter, milk, salt and pepper. Set aside to cool. Then form into croquettes.

Roll in beaten egg then in bread crumbs. Fry in deep hot fat until light brown.

Serve with savory sauce made as follows:

- 1 pint milk
- 1 teaspoon butter
- 1 heaping tablespoon corn flour
- 2 tablespoons cream
- 1 teaspoon savory

Stir the corn flour into the melted butter. When smooth, add the boiling milk and cream and savory. Let it come to a boil.

INDIAN PUDDING—TOMATO RAREBIT

- $\frac{1}{2}$ pound cornmeal
- 1 quart milk
- 2 eggs
- 1 tablespoon butter
- 2 tablespoons cheese
- 1 tablespoon salt
- 1 pinch paprika

Put the milk in a double-boiler and let it come to a boil. Stir the meal in slowly and boil one hour.

Then add eggs, butter, salt and paprika, and boil fifteen minutes.

When cooked, pour in oiled bread tin and cool over night.

Remove from mold, cut in slices, and sprinkle grated cheese on top. Bake in the oven until brown, and serve with Welsh rarebit sauce made as follows:

RAREBIT SAUCE

- 1 quart tomatoes
- $\frac{1}{2}$ teaspoon soda

1 teaspoon butter
1 heaping tablespoon corn flour
1 cup grated cheese
Pinch of salt
Pinch of paprika

Boil the tomatoes; add soda, salt and paprika. Mix the corn flour and butter and stir into the above. Let this boil; then strain and add the grated cheese. Stir until smooth.

BROILED CALVES BRAINS WITH PEAS

Many have a prejudice against calves brains, because they have not been in the habit of eating them; but they are such a delicacy that we should overcome this idea and use them more often. After all, it is a ridiculous thing to eat and enjoy calves liver and shrink from eating calves brains. And calves brains, too, have the merit of being inexpensive—a rare merit in these days of soaring prices. In our own home, they have been served and enjoyed by people who might have turned up their noses had they known what they were eating (a small deception, which is quite permissible in proving the point that they are a real delicacy).

This recipe, calling for one pair of calves brains, is a generous portion for two.

- 1 pair brains
- 2 cups peas (or can of peas)
- 1 teaspoon salt
- Few grains of pepper
- 1 tablespoon butter
- 1 tablespoon vinegar
- 1 bay leaf

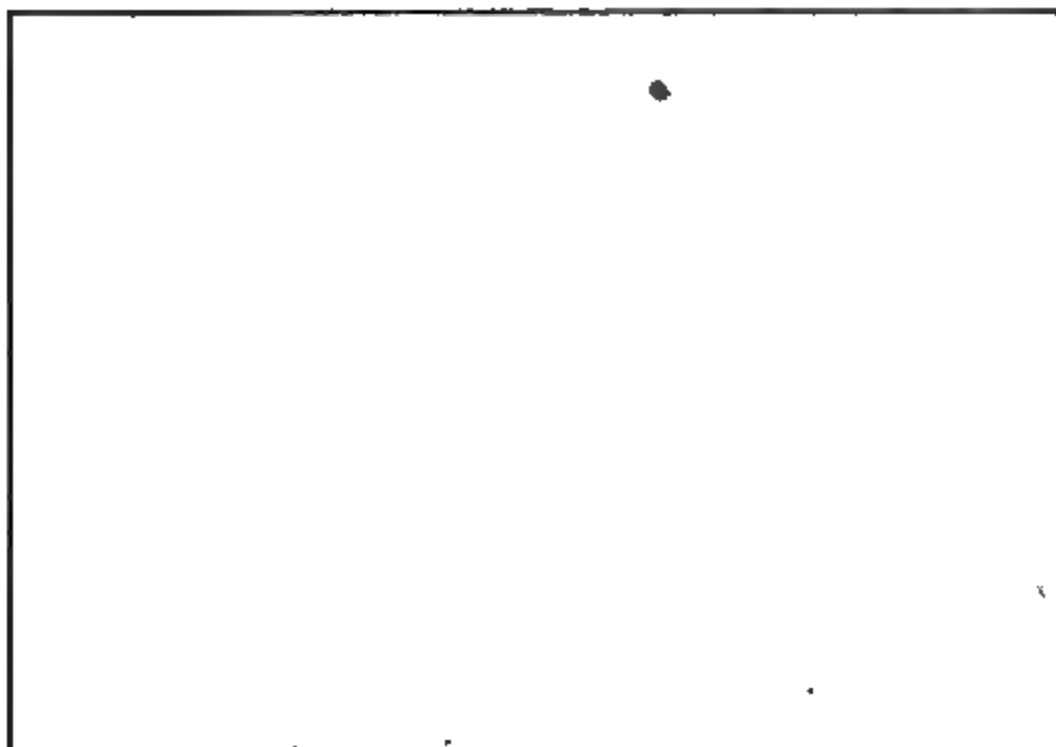
Boil the brains in one quart of water, with one teaspoonful of salt, one bay leaf and a tablespoonful of vinegar, for one hour. Remove the skim.

Make a sauce by browning four tablespoonfuls of butter and adding four tablespoonfuls of vinegar.

Moisten the cooked brains with a little of this sauce; sprinkle a few crumbs on top; and broil until a light brown.

Serve on rye bread toast, and garnish with the peas.

Pour the remaining hot butter sauce over the brains just before serving.



BOILED TONGUE WITH BRUSSELLS SPROUTS

BOILED CALVES BRAINS WITH PEAS

TONGUE WITH BRUSSELS SPROUTS

Wash a fresh or slightly cured beef tongue and boil slowly until tender (about three hours).

Skin when hot, and serve sliced around a mound of brussels sprouts, which are cooked as follows:

BRUSSELS SPROUTS

- 1 quart of brussels sprouts
- 1 pinch soda
- 2 quarts water
- 1 teaspoon salt

Wash and clean the brussels sprouts.

Put the soda and salt into two quarts of water and let it come to a boil. Then put the brussels sprouts into the water, and boil from ten to fifteen minutes—watching continually to see that the sprouts do not break in the water.

Take the sprouts from the water with a skimmer, and place on the dish, ready to serve.

CREAMED HORSERADISH, TONGUE AND POTATO SALAD

X

Wash and boil a fresh—or slightly cured—beef tongue slowly for about three hours, or until the skin lifts when the meat is tested as for tenderness. Skin and let cool in the water in which it has been cooked.

When cold, slice and roll—pinning each roll with a tooth-pick.

Grate fresh horseradish and mix with whipped cream. Put a spoonful in each tongue roll, and place on lettuce leaves round a mound of potato salad made as follows:

Slice cold boiled potatoes and fresh cucumbers. Mix with a little vinegar and onion juice; then mix all with mayonnaise dressing—recipe for which is given in chapter on salads—thinned with a little sweet or sour cream.

It is best to make this salad two or three hours before serving, so that the potatoes absorb the dressing. Keep in the ice-box.

POACHED EGG—TOMATO RARE-BIT

- 1 can tomatoes
- 1 teaspoon salt
- 1 teaspoon soda
- Dash of pepper
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{2}$ pound grated cheese

Boil all together for one-half hour. Strain and thicken with two tablespoonfuls of corn flour—not cornstarch—mixed till smooth with a little cold water. Add one-half pound grated skimmed milk cheese and stir until smooth.

Poach six eggs and place on six slices of Graham toast.

Pour the sauce onto the platter around the eggs. Decorate with chopped parsley and paprika.

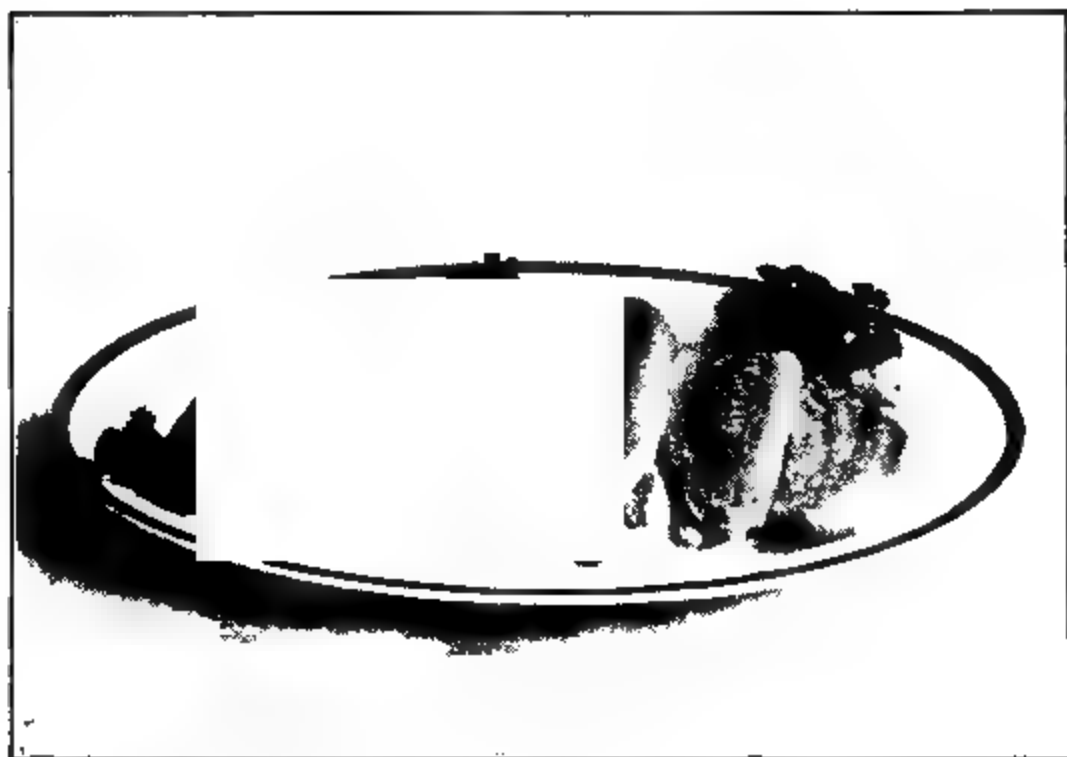
This is a war time recipe because it is a meat substitute, or meat extender. A meal containing this dish need have no meat. Note the cheese is skimmed milk cheese. It gives the flavor but saves full cream milk for the children, who need it more than grown-ups.

POTATO NUT CROQUETTES

Boil a quart of potatoes in well salted water until tender. Drain and put through a potato ricer. Add one egg and beat up light.

Form in croquette shape. Roll in corn flour and then in sliced blanched almonds. Fry quickly in deep *hot* fat—preferably vegetable oil to conserve animal fat.

POTATO NUT CROQUETTES



COOKED CUCUMBERS

COOKED CUCUMBERS

Cooked cucumbers are much easier to digest than raw ones.

Peel and cut in halves, lengthwise; if very large, in fourths. Boil in salt water from eight to ten minutes. (They need very little cooking.) Drain carefully.

Serve with Hollandaise sauce.

As a vegetable, they are particularly nice with fish.

WAR-TIME HOLLANDAISE SAUCE

- 1 pint milk
- 2 tablespoons corn flour
- 2 teaspoons butter (or butter substitute—
chicken fat can be used)
- 1/2 teaspoon salt
- Dash of pepper
- Yolks of two eggs

Mix the flour and seasonings. Melt the fat; add the flour, then the heated milk. Add the egg yolks and the juice of one lemon just before serving.

X

SCALLOPED SWEET POTATO AND APPLE

6 potatoes (sweet) boiled and sliced

6 raw apples peeled, cored and sliced

Arrange in alternate layers in a baking dish, with four tablespoonfuls of maple sugar or maple syrup sprinkled over the apple. Bake in a moderate oven, with cover on, for twenty minutes to one-half hour. Remove cover for the last ten minutes to brown.

Decorate with parsley.

BAKED BANANAS—SERVED AS A VEGETABLE

Bananas are a plentiful and inexpensive food; and when cooked a little, they are much more digestible than when taken raw.

**6 bananas
1/2 cup vegetable oil
1/2 cup bread crumbs**

Skin the bananas; cut in half lengthwise; dip in or brush with the vegetable oil, and roll in bread crumbs.

Bake ten minutes.

APPLE RINGS

6 apples
 $\frac{1}{2}$ cup maple sugar
1 tablespoon butter substitute

Wash, peel and core six apples. Cut the apples across in slices one-fourth of an inch thick. Fry in fat till light brown on each side. Arrange in a roasting pan, and sprinkle well with maple sugar.

Bake five minutes or until the sugar is melted.

Serve as a vegetable with poultry or game.

BAKED APPLES STUFFED WITH SWEET POTATO

Wash and core sour apples. Scoop out about half the inside of the apple.

Stuff with cooked mashed and seasoned sweet potato and add a bit of candied ginger.

Bake for about twenty minutes, and serve hot.

FRESH LIMA BEANS AU GRATIN

Shell two quarts of lima beans and boil one-half hour with one-eighth of a teaspoonful of baking soda and one teaspoonful of salt.

When cooked put in casserole (family size) ; pour cream sauce over, and sprinkle one-half cup of grated cheese on top. Bake in oven until brown.

(Cream Sauce is given under *Chicken and Crisp Noodles* recipe.)

RICE FRITTERS

- 1 cup rye flour
- 1/2 cup boiled rice
- 1 egg
- 1/2 cup milk
- 1 teaspoon baking powder
- 1 tablespoon of butter
- Pinch of salt

Mix the flour, baking powder and salt. Stir in the milk, well beaten egg and butter.

Drop from spoon into *hot* fat to brown.

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IV

SALADS IN WAR TIME

We serve the Railroad, Fuel and Food Administrators all three at one time by using salads. Isn't such a service worthy of cultivation? For salads are made from things that grow nearby and do not have to be carried a long haul before they reach your table; and every inch of space in freight cars that you release for coal or war essentials serves a big purpose. Salads are nourishing, for they are made with olive oil, a vegetable fat; and when you eat vegetable fat, you require less meat fat like bacon or beef which we must release for use overseas. Why not serve these three important officers of our Government and use salads often!

CHAPTER IV

SALADS IN WAR TIME

MARY ELIZABETH'S MAYONNAISE DRESSING

- 1 pint olive oil**
- 1 egg yolk**
- 1 teaspoon salt**
- 3 tablespoons taragon vinegar**
- A dash of cayenne pepper**

Put yolk of one egg in ice-cold dish, add one teaspoonful of salt and dash of cayenne. Beat till smooth; then add slowly—almost drop by drop to begin with—the olive oil, adding every two or three minutes some of the vinegar until all of the oil is used.

FOR FRUIT SALADS

Mayonnaise as above is too firm to be nice for certain salads, such as fruits; or dry vegetables, such as potato. The above mayonnaise should be thinned with just a little cream—sweet or whipped cream or even a little sour cream—but care must be taken not to add too much. A teaspoonful will thin it down very much.

FRENCH DRESSING

- 1 pint olive oil
- 3 tablespoons vinegar
- 1 level teaspoon salt
- $\frac{1}{4}$ teaspoon paprika

Put all the ingredients into a pint or half-pint Mason jar; add a tablespoonful of shaved ice; close tightly and shake until all is well emulsified. Use immediately after shaking.

French dressing can be kept in the ice-box in a jar and is ready to use at any time if well shaken.

RUSSIAN DRESSING

Russian dressing makes a very appetizing change from French dressing—on hearts of lettuce, romaine, endive or any green salad.

Into mayonnaise dressing made as above mix four tablespoonfuls of chili sauce and a tiny dash of Worcestershire sauce just before serving.

LETTUCE

As in nearly every salad lettuce or some green leaf is used, it is wise to begin by describing how lettuce should be cared for. When served it should be clean, crisp and *dry*. Therefore, it should be carefully picked apart and washed as soon as it comes into the house; then shaken gently in a cloth to dry it, and wrapped lightly in cheese-cloth and put in the ice-box. It then will be crisp and clean and dry whenever wanted.

POTATO SALAD

Potato salad is very good with sardines or any cold fish, chicken or meats.

Slice cold boiled potatoes and fresh cucumbers. Mix with a little vinegar and onion juice; then mix all with mayonnaise dressing—recipe for which is given in this chapter—thinned with a little sweet or sour cream.

It is best to make this salad and keep it on ice two or three hours before serving, so that the potatoes absorb the dressing and the salad is thoroughly chilled.

TOMATO ANCHOVY MAYONNAISE

Take half as many large tomatoes as you wish portions of salad, and remove the skin by immersing in boiling water and peeling at once. Cut in half horizontally, leaving two very thick slices of tomato. Chill the tomatoes and serve—cut sides up—on crisp lettuce leaves. Place three curled anchovies around the edge of each tomato, and a little grated onion; and place a large spoonful of mayonnaise dressing—piled high—in the center of each piece of tomato.

The plates and the entire salad should be ice-cold.

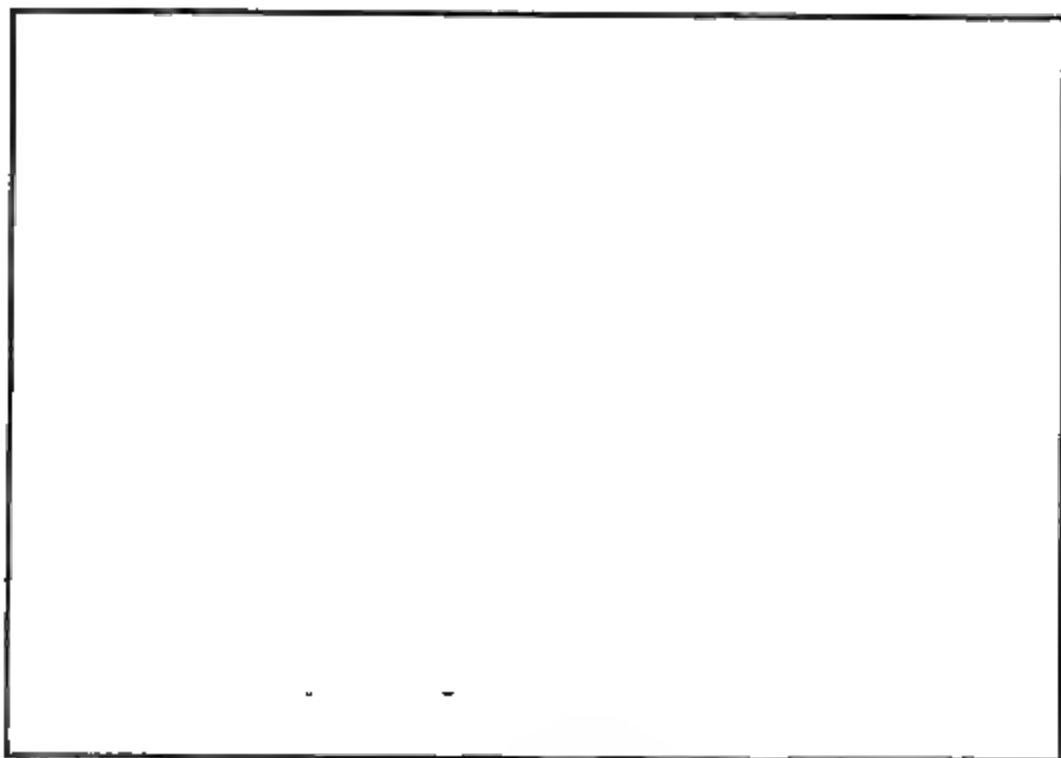
STUFFED PRUNE SALAD*(To serve six persons)***18 large prunes****½ pound cottage cheese****2 tablespoons broken walnut meats****1 pinch of salt**

Remove pit from prunes and soak over night in a closed jar of water to which is added a wineglassful of rum.

Add salt and broken nut meats to the cheese, and mix to paste. Then place a spoonful in each prune and serve on lettuce leaves with French dressing or mayonnaise thinned with a little whipped cream.

(The recipe for cottage cheese will be found in Chapter VII.)

STUFFED PRUNE SALAD



TOMATO ANCHOVY

TOMATO ASPARAGUS MAYONNAISE

Wash and skin small tomatoes. Scoop out a little of the center and grate a tiny dash of onion into each tomato. Place three or four cooked cold asparagus tips in each and a little French dressing. Then place a spoonful of mayonnaise on top, shake a dash of paprika over all, and serve with lettuce leaves.

STUFFED PEACH SALAD

For this salad, use cottage cheese, which can be made at home as described in Chapter VII, or purchased ready-made. Do not use cream cheese, as just now the butter fats in cream cheese should be conserved for the use of children and invalids.

Peel and cut large fresh peaches (if out of season, use canned peaches) in half, removing the stone. Mix a few chopped salted pecans or any salted nuts into the cottage cheese, and fill each pit hole with this mixture.

Place the stuffed peaches on lettuce leaves. Pour French dressing carefully over each one; then put a small spoonful of mayonnaise on top—not covering the cheese entirely; a dash of paprika, and they are ready to serve.

Buttered Graham or other brown crackers warmed in the oven till crisp are a very nice war time cracker to serve with this salad.

Pears or pineapple may be used in place of peaches to vary this salad. Made from any of them, it is delicious and very pretty to look at.

CANTELOUPE SALAD

Cut a chilled canteloupe in half and remove the seeds. Then, using a small round potato scoop, scoop out little balls of melon. Mix with French dressing and serve thoroughly chilled on lettuce leaves.

BEET AND SHREDDED CABBAGE MAYONNAISE

Cook new beets until tender. Skin and when cold cut in even small cubes and mix with French dressing. Put on ice and chill thoroughly.

Shred crisp new cabbage very fine and mix with mayonnaise dressing; form in a nest and shape around the edge of a platter. Then pour the beet cubes in the center.

Decorate the mound of beets with a spoonful of mayonnaise and serve very cold.

Raw cabbage is much more easily digested than when cooked.

ROMAINE AND STUFFED CELERY

Wash and dry stalks of celery (the largest ones are good for this salad). Fill each stalk with a mixture of roquefort and cottage cheese—about one-third roquefort and two-thirds cottage cheese, well mashed and mixed together. If too thick a paste, thin with a little olive oil.

Then cut the stuffed stalks in half-inch pieces and serve on romaine leaves with French dressing.

MIXED VEGETABLE SALAD

For this salad any vegetables can be used and it is an excellent way to use up bits of cold boiled vegetables—left-overs that are too small to make a dish in themselves. Cold string beans, brussels sprouts, peas, lima beans, beets, potatoes and uncooked cabbage—any or all of these.

Mix them together (the larger vegetables such as potatoes and beets should be cubed and the cabbage should be shredded) with a little French dressing to moisten it well. Place in a deep bowl which has been rubbed with a garlic clove, or onion; cover the top with mayonnaise; and decorate with lettuce or watercress and a few peas or sweet red or green peppers.

GREEN VEGETABLE SALAD

For this salad any or all of the following vegetables may be used: cucumbers; tomatoes, sliced; sweet or new spring onions; green peppers; radishes.

Choose a large lettuce leaf and place it in the center of the platter; fill full with mayonnaise dressing. Group the other vegetables—each one separate from the other—around the dressing. Slice the cucumbers; quarter the tomatoes; leave a little green on the radishes and onions. Pour a little French dressing over them all.

When salad is arranged in this way, those who choose to do so can omit the onions.

V

**WHEATLESS CAKES, BREADS AND
PIES**

Because most wheat substitutes cost more, it does not necessarily follow that the household budget will be increased. Some flours, notably potato, go much farther than wheat, so it really is less expensive in the end. I maintain that when we buy the "substitute" we do only half our duty, the other half being to *use* all we buy and waste not a scrap; make things so good that every bit will be eaten. In our reckless, American way, we have allowed food to be wasted because it was cheap or because we thought it niggardly to be too careful. Now all that is changed. We *must not waste*, and that means we must buy only what we can use entirely before it becomes too old to eat. If we do what I call the "other half" of food conservation, that is waste nothing, our food budget will not increase so alarmingly.

CHAPTER V

WHEATLESS CAKES, BREADS AND PIES

BLACK CHOCOLATE LAYER CAKE

(Sugarless and wheatless)

- $\frac{1}{3}$ cup shortening—part butter or all vegetable fats
- $1\frac{1}{2}$ cups shaved or soft maple sugar
- 4 tablespoons melted bitter chocolate
- $\frac{1}{2}$ cup boiling water
- 1 cup flour (one-third potato, one-third rice, one-third rye flour, sifted together twice so as to mix the flours well)
- 1 egg, well beaten
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup buttermilk or sour milk
- $\frac{1}{2}$ teaspoon baking soda

Mix the melted chocolate, sugar and shortening, and beat for ten minutes, until thoroughly creamed and fluffy.

Add the boiling water, the well-beaten egg, then the sifted flours; mix thoroughly.

Add the soda and salt to the buttermilk, and mix into the cake batch. This will make a thin batter.

Bake in two layer tins, well greased, in a hot oven for about thirty minutes.

CHOCOLATE CUSTARD CAKE FILLING

- 1 cup sweet milk
- $\frac{1}{2}$ cup crushed maple sugar
- 2 level tablespoons cornstarch
- $\frac{1}{4}$ teaspoon salt
- Bitter chocolate size of two English walnuts

Bring the milk and sugar to boiling-point in a double-boiler.

Mix cornstarch and salt with two tablespoonfuls of the cold milk.

Add the chocolate and stir while boiling, for about fifteen minutes.

When cold, place the filling between layers of the black chocolate cake above, and ice the top and sides with melted *sweet* chocolate prepared as below.

ICING

Shave and place sweet chocolate in a bowl to melt. Place the bowl in a dish of *hot* water, *not* on the stove. Stir gently until all is melted. If the sweet chocolate is allowed to get too hot, the icing will be streaky and not shiny and dark.

MAPLE LAYER CAKE

3 eggs
 $\frac{3}{4}$ cup shaved or grated maple sugar
 $\frac{3}{8}$ cup potato flour (scant half cup)
 $\frac{1}{2}$ teaspoon baking powder
1 level teaspoon salt

Cream the yolks of eggs and sugar together very, very thoroughly.

Beat the whites stiff and add to the above mixture. Also add salt.

Sift the flour and baking powder together, then add.

Bake at once in two layer-cake tins, in a moderate oven, for about twenty minutes.

ICING

(If this icing is cooked to thermometer test, it will be exactly right. Fluffy icing cannot be dependably made unless tested accurately.)

1 cup maple sugar }
 $\frac{1}{4}$ cup water } or 1 cup maple syrup
2 egg whites, well beaten

(A tiny pinch of salt added to eggs while beating makes them beat up stiffer.)

Cook the maple sugar and the water, or the syrup, till the thermometer registers 230 degrees. The thermometer should be placed in the kettle when the syrup is first placed on stove. (Lacking a thermometer, the syrup may be tested by dropping a little of it into a cup of cold water. When thick enough to be picked up in a soft ball, it is done.)

Remove from the fire; take out the thermometer; let the syrup stand about two minutes; then pour a little at a time on the well-beaten egg whites, beating hard. A Dover egg-beater is best.

When the cake is cold, ice between layers, and on sides and pile high on top.

HONEY SPONGE CAKE

- 3 eggs
- $\frac{3}{4}$ cup strained honey
- $\frac{3}{8}$ cup potato flour (scant half cup)
- $\frac{1}{4}$ teaspoon baking powder
- 1 level teaspoon salt

Cream the yolks of the eggs and the honey together very, very thoroughly.

Beat the whites stiff and add to the above mixture. Also add the salt.

Sift the flour and baking powder, and add.

Bake at once in a deep tin, in a moderate oven about forty minutes.

This cake should be separated with forks, as in the illustration. Never cut sponge cake with a knife.

WAR TIME FRUIT CAKE

- $\frac{1}{2}$ cup butter, or butter substitute
- $\frac{3}{4}$ cup seeded raisins
- 1 cup crushed maple sugar
- $\frac{1}{4}$ cup molasses
- $\frac{3}{4}$ cup boiling water
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- Dash of nutmeg
- 2 cups barley flour
- 1 level teaspoon soda

Pour the boiling water on the raisins, butter, sugar, molasses, spices and salt, and boil slowly about three minutes after it begins boiling. Then add the flour sifted, then the soda dissolved in a tablespoonful of warm water.

Just before baking, add one cup of broken walnut meats, and bake in an oiled loaf tin a good forty minutes (moderate oven).

HONEY LAYER CAKE

- 3 eggs
- $\frac{3}{4}$ cup strained honey
- $\frac{3}{8}$ cup potato flour (scant half cup)
- $\frac{1}{2}$ teaspoon baking powder
- 1 level teaspoon salt

Cream the yolks of eggs and honey together very, very thoroughly, beating for about fifteen minutes.

Beat the whites stiff and add to the above mixture. Also add salt.

Sift the flour and baking powder, and add.

Bake at once in two layer-cake tins, in a moderate oven, for about twenty minutes.

ICING

(If this icing is cooked to thermometer test, it will be exactly right.)

- 1 cup strained honey
- 2 egg whites, well beaten

(A tiny pinch of salt added to the eggs while beating makes them beat up stiffer.)

Cook the honey till the thermometer registers 245 degrees, or for about ten minutes at a hard boil.

Remove from the fire; let stand for two minutes; then pour slowly into well-beaten egg whites, and beat all together.

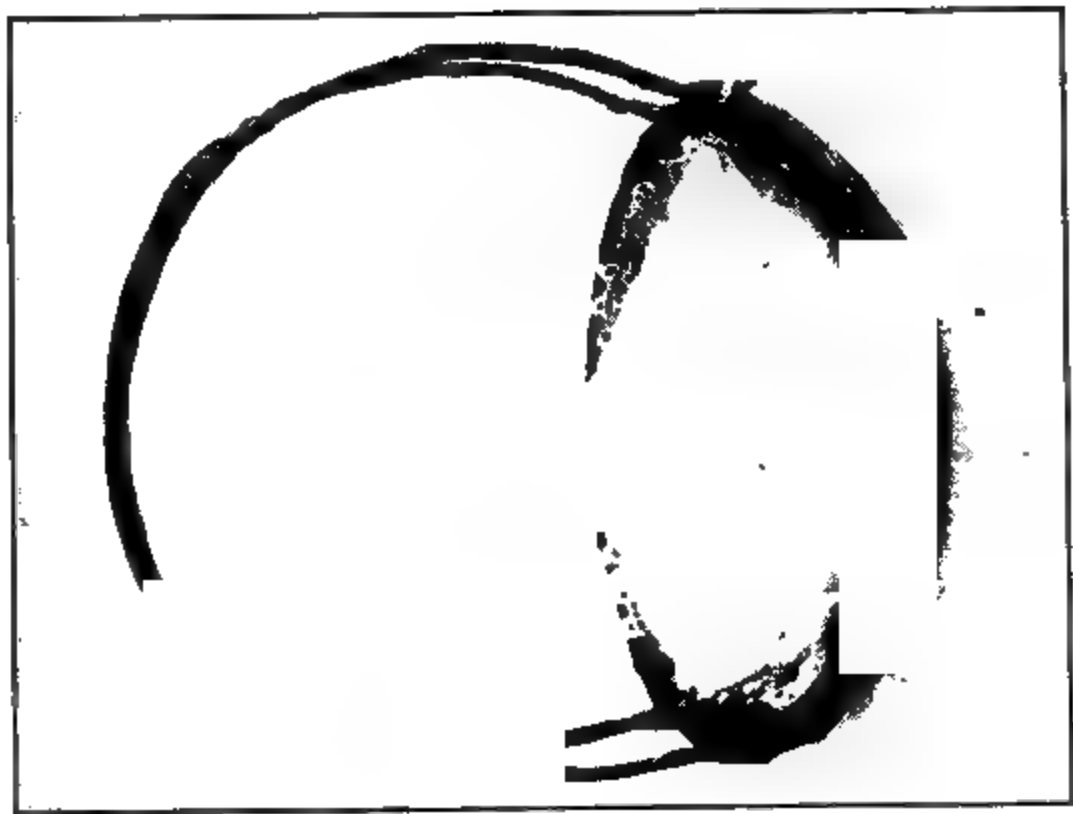
LIBERTY CAKE

- $\frac{1}{2}$ cup butter
- $\frac{3}{4}$ cup seeded raisins
- 1 cup crushed maple sugar
- $\frac{1}{4}$ cup molasses
- $\frac{3}{4}$ cup boiling water
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- Dash of nutmeg
- 2 cups barley flour
- 1 level teaspoon soda

Pour the boiling water on the raisins, sugar, butter, molasses, spices and salt, and boil slowly about three minutes after it begins boiling. Then add the flour sifted; then the soda dissolved in a tablespoonful of warm water.

Bake in two layers, about forty minutes in a moderate oven.

This cake should be baked the day before wanted, as it is much softer the day after baking, if put away in a tin cake box. Ice when it is to be used.



MAPLE CAKE

LIBERTY CAKE

TUTTI-FRUTTI FILLING

- $\frac{1}{4}$ cup seeded raisins
- $\frac{1}{4}$ cup chopped figs
- $\frac{1}{4}$ cup chopped dates
- $\frac{1}{4}$ cup Maraschino cherries
- $\frac{1}{2}$ cup maple sugar } or $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup water }
- 1 tablespoon rum

Put the raisins and figs in a colander, to steam about one-half hour. Add the dates at the end of fifteen minutes.

Remove from fire, add the cherries, and chop all.

Spread thickly over top of each layer, and serve singly, *not* in layers.

BLACK CHOCOLATE LOAF CAKE

(Sugarless and wheatless)

- $\frac{1}{3}$ cup shortening, part butter or all vegetable fats
- $1\frac{1}{2}$ cups shaved or soft maple sugar
- 4 tablespoons melted bitter chocolate
- $\frac{1}{2}$ cup boiling water
- 1 cup flour ($\frac{1}{3}$ potato flour, $\frac{1}{3}$ rice, $\frac{1}{3}$ rye, sifted twice so as to mix flours well)
- 1 egg
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup buttermilk or sour milk
- $\frac{1}{2}$ teaspoon baking soda

Mix the melted chocolate, sugar and shortening, and beat ten minutes, until thoroughly creamed and fluffy.

Add the boiling water, the well-beaten egg, then the sifted flours. Mix thoroughly.

Add the soda and salt to the buttermilk, and mix into cake batch. This will make a thin batter.

Bake in a deep pan, well greased, in a hot oven about thirty minutes.

Ice thinly with melted sweet chocolate prepared as follows:

SWEET CHOCOLATE ICING

Shave and place in a bowl to melt. Place the bowl in a dish of *hot* water, not on the stove. Stir gently from time to time until all is melted. If the sweet chocolate is allowed to get too hot, the cake icing will be streaky and not shiny and dark. This cake can be served without icing if preferred.

SCOTCH FANCIES

A tea cake without flour or sugar.

Pinch of salt
1 egg
1 cup oatmeal (dry)
 $\frac{1}{2}$ cup maple sugar
2 tablespoons butter substitute

Cream the butter substitute. Add the sugar, and cream together well. Add the well-beaten egg; then salt and oatmeal mixed; and drop from a spoon on an oiled tin.

Shredded cocoanut sprinkled on top of some of these will add to the flavor and appearance.

Bake in a hot oven until brown.

MAPLE SPONGE CAKE

- 8 eggs
- $\frac{3}{4}$ cup shaved or grated maple sugar
- $\frac{3}{8}$ cup potato flour (scant half cup)
- $\frac{1}{2}$ teaspoon baking powder
- 1 level teaspoon salt

Cream the yolks of the eggs and the sugar together very, very thoroughly.

Beat the whites stiff and add to the above mixture. Also add salt. Sift the flour and baking powder and add.

Bake at once in a deep tin, in a moderate oven thirty to forty minutes.

This cake should be separated with forks, as in the illustration. Never cut sponge cake with a knife.

MAPLE NUT TOAST

(For afternoon tea)

Toast any dark brown bread—such as oatmeal or rye.

Butter and spread with soft or shaved maple sugar. Pop in the oven to melt the sugar just a little.

Cut each slice in three long strips. Put a blanched almond on each piece, and serve.

LIBERTY BREAD

- 2 cups bread crumbs
- 1 cup cornmeal
- $\frac{3}{4}$ cup molasses
- 2 cups buttermilk
- 3 teaspoons soda
- 1 teaspoon salt
- 1 cup boiling water

Mix the bread crumbs, cornmeal and molasses. Add the buttermilk and salt.

Just before steaming, stir the soda into the boiling water. Add to the dough and stir until well mixed.

Pour into greased round Boston bread tin molds. Steam three hours in closely covered kettle. Let the water come half way up the molds. Renew the water from time to time as needed.

Most households have many bread pieces and crusts that are thrown out. Save them, and make this delicious brown bread.

NUT BREAD

- 2½ cups sifted barley flour**
- 2 cups sifted rice flour**
- ½ cup bread crumbs**
- 1⅓ cups molasses**
- 1 scant cup milk**
- 1½ cups broken walnut meats**
- 1 teaspoon salt**
- 7 teaspoons baking powder**
- ½ teaspoon soda, dissolved in ⅛ cup water**

Sift the flours and baking powder and salt together; add the molasses and nut meats.

Bake in deep bread tins, in a very slow oven, from two and a half to three hours.

The above quantity makes two loaves.

WAR BREAD

- 4 cups oatmeal flour
- 4 cups rye flour
- 4 cups rice flour
- 8 cups mashed potato
- 7 pints water (lukewarm)
- 2 Magic yeast cakes
- 2 cups molasses
- 1 tablespoon salt
- 1 tablespoon shortening

Mix and sift all of the flours, and add the mashed potato—to which the salt and shortening have been added.

Soak the yeast in one-half cup of lukewarm water till soft.

Add the molasses, lukewarm water and yeast to the flour. Work up into a good stiff batter.

Raise for six hours.

Mix on the bread board, using some of the flour from above. Mix for about fifteen minutes.

Raise in pans for about two hours, or until it doubles its bulk.

Bake in a moderate oven for one hour and fifteen minutes.

This bread should be made fresh every day or two. Potato breads are apt to sour, and never keep as do wheat breads.

RAISED CORN AND RYE ROLLS

- 1 cup corn flour
- 1 cup rye flour
- 2 tablespoons any vegetable oil
- 1 teaspoon salt
- 2 cups water (lukewarm)
- $\frac{1}{2}$ compressed yeast cake
- 1 teaspoon sugar
- 1 egg

Dissolve the yeast cake in one cup of the water; then add the second cup.

Stir in the flour, oil, salt, sugar and egg, and mix thoroughly for about fifteen minutes.

Raise about six hours in a warm place.

Roll into little balls or Parker house roll shapes. Put into a pan and let raise one hour.

Brush with milk, and bake in a moderate oven about twenty minutes.

Corn flour is new to many people and at present not easy to get, but it is one of the flours we are urged to use, and, I am told by the United States Food Administration, will soon be on sale everywhere, owing to the demand.

BARLEY GEMS

- 1 cup barley flour
- 1 cup rice flour
- $\frac{1}{4}$ lb. butter, or butter substitute
- 2 oz. sugar
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- 5 teaspoons baking powder
- 2 cups milk

Beat the eggs and milk together.

Sift together the flour, baking powder, sugar and salt. Cut in the shortening; then add the beaten eggs and milk.

Bake in muffin or "gem" tins about twenty-five minutes, in a moderate oven.

This quantity makes about eighteen gems.

POTATO FLOUR SPONGE CAKE

RAISED CORN AND RYE ROLLS

RICE AND CORN MUFFINS

- 1 egg
- 1 teaspoon baking powder
- 1 pint milk
- 2 cups cornmeal
- 1 cup boiled rice
- 1 teaspoon salt
- 1 tablespoon savory fat or butter substitute

Take the cornmeal and mix in baking powder and salt. Then add rice, egg, milk and butter.

Stir briskly and put in well-greased and warm muffin tins.

Bake twenty minutes in a hot oven.

OATMEAL GEMS

Cover two cups of rolled oats with one and a half cups of sour milk, and let stand over night.

Add to that the following:

- 1 egg (well beaten)
- 3 tablespoons honey
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon soda, dissolved in $\frac{1}{8}$ cup water
- 1 cup rye flour

Drop into oiled muffin tins, and bake in a moderate oven for about twenty minutes.

This makes about fifteen gems.

STATE OF MAINE BUCKWHEAT CAKES

1 quart *thick sour* milk

1 small teaspoon soda

1 teaspoon salt

Buckwheat flour to make a thin batter

Bake on a hot greased griddle.

Both buckwheat and sour milk should be used—to save wheat flour for our soldiers and sweet milk for our babies.

Maple syrup, too, is a sweetener that we may use with a clear conscience.

These cakes may be served at breakfast or as a luncheon dessert.

WHEATLESS PASTRY

Wheatless pastry is not like the pie we made from white wheat flour, but it is tender and has a nutty flavor that is pleasant. It is rather difficult to handle, as it breaks apart easily when rolled thin. I therefore recommend the substitution of tarts, individual pies, or pies without top crust, when making wheatless pastry.

WHEATLESS PUMPKIN PIE

For one large pie, use:

- 2 cups pumpkin
- 2 eggs
- 1 cup milk
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup light strained honey

(Use fresh pumpkins as long as they are in the market, for they are perishable. Cut

up, peel and steam for fifteen minutes or until tender.)

PASTRY

- $\frac{3}{4}$ cup barley flour
- $\frac{1}{4}$ cup corn flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup hard vegetable shortening
- 2 tablespoons ice-cold water

Sift the two flours and salt together. Cut into it the shortening, using a knife, until it is in tiny bits. Then rub together lightly with the hands until all ingredients are well blended; then add the water, mixing as little as possible.

Mold into a ball. Place on a floured bread-board and roll as thinly as possible. Fold over rolling-pin and lift into pie tin, pressing edges firmly into place, trimming the uneven edges. Fill with above pumpkin mixture and bake in a moderate oven about fifteen minutes.

WHEATLESS FRUIT TARTS

PASTRY SHELLS

- 1½ cups barley flour
- ½ cup corn flour (not cornstarch)
- 1 teaspoon salt
- ½ cup hard vegetable shortening
- 4 tablespoons ice-cold water

Sift the two flours and salt together; cut into it the shortening, using a knife, until it is in tiny bits. Then rub together lightly with the hands until all the ingredients are well blended. Now add the water, mixing as little as possible.

Mold into a ball. Place on a well-floured bread-board. Roll thin, using a little flour on the rolling-pin.

Cut with a large biscuit-cutter and place over bottoms of muffin tins.

Bake in a hot oven until light brown.

When cold, fill the shells with fruit filling.

FRUIT FILLING FOR TARTS

Use rhubarb, strawberries, cherries, raspberries or currants.

Canned fruit may be used in winter, but as they are sweetened, *reduce the sugar* quantity *one-half*.

- 1 quart fruit (any of the above varieties)
- 1 cup maple sugar (crushed)
- $\frac{1}{4}$ cup water
- 3 level tablespoons cornstarch

Boil until the fruit is tender. Then add three level tablespoonfuls of cornstarch, dissolved in a tablespoonful of water. Boil slowly, stirring constantly, for about five minutes longer.

When cold, fill the tart molds and serve.

WHEATLESS APPLE PIE

- 3 cups barley flour
- 1½ teaspoons salt
- ¾ cup hard vegetable shortening
- 4 to 6 tablespoons beaten egg

Cut the shortening into the mixed flour and salt with a knife, then rub together lightly by hand until all is well mixed. Add the egg. Try four tablespoonfuls first; if not moist enough to handle, add more.

Roll out on flour-dusted bread-board. Fold over rolling-pin and lift into pie tin. The broken spots can be mended with a little of the pastry, as one would putty up a crack.

Peel, core and slice three quarts of green-
ing apples. If apples are green or new, use two cups of shaved or grated maple sugar; if old apples, use one and one-half cups.

Sprinkle bottom of the pie crust with two tablespoonfuls of the maple sugar and about a tablespoonful of flour. Put in about half of the apples; sprinkle with sugar and add the balance of the apples and all the rest of the

sugar and another tablespoonful of flour. Add a goodly dash of cinnamon and cover the top with a lattice-work made from pastry strips.

Bake in a moderate oven about an hour.

WHEATLESS STRAWBERRY SHORTCAKE

- 1 cup oat flour
- 1 cup barley flour
- 1 egg
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon shortening
- 2 tablespoons honey
- 3 teaspoons baking powder
- 2 cups milk

Sift the dry ingredients together. Mix in the shortening well. Add the beaten egg, honey and milk, and bake in muffin tins for about twenty minutes, in a moderate oven.

Split, butter, and pour mashed strawberries, sweetened with honey, over bottom layer. Put top on, and cover with whipped cream, sweetened with honey to taste.

TEA BISCUIT

The tea biscuit in this recipe requires a little wheat flour, but the amount is so small (one-third) that the recipe will be useful when a small amount of wheat is available. These biscuits are quite as nice as any baking-powder biscuit made entirely from wheat and are for this reason particularly desirable for strawberry shortcakes, chicken fricassée, and to serve as a bread substitute.

- 1 cup freshly mashed or riced potato
- 1 cup rice flour
- 1 cup wheat flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon vegetable shortening
- 1 cup milk

Sift the flours, baking powder and salt well together. Cut in the shortening into small bits. When all is well mixed in, add the milk.

Mix until smooth and turn out on a floured bread-board. Roll to the thickness of an inch. Cut with a biscuit-cutter and place in a buttered tin.

Bake in a hot oven for about twenty minutes.

VI

WAR TIME DESSERTS

CHAPTER VI

WAR TIME DESSERTS

(Without sugar or wheat)

HONEY ICE-CREAM

- 1 quart milk
- 1 pint cream
- 10 oz. honey
- 2 oz. cornstarch

Boil the milk; add the cornstarch, which has been mixed to a paste.

Add the honey, and when thoroughly dissolved remove from the fire. When cooled to blood heat add the cream and freeze.

This is an excellent war time ice-cream: using no sugar and very little cream, yet giving an ice-cream that is still deliciously smooth and rich.

HOT CHOCOLATE FUDGE SAUCE

(For ice-cream)

$\frac{1}{2}$ cup crushed maple sugar

$\frac{1}{4}$ cup Karo syrup

2 tablespoons melted bitter chocolate, or
lump the size of two English walnuts

2 tablespoons water

1 level teaspoon cornstarch

Use a cooking thermometer for testing, if possible, putting it in with the cold ingredients at the start.

Mix the cornstarch in cold water. Add it to all the other ingredients and boil, stirring constantly until the thermometer registers 280 degrees, or a very soft ball is formed when a little of the syrup is dropped into cold water.

Any of this sauce which is not used can be kept and reheated (with the addition of a tablespoonful of water) at any time.

HOT MAPLE SCOTCH SAUCE

(For ice-cream)

$\frac{1}{2}$ cup crushed maple sugar

$\frac{1}{4}$ cup Karo syrup

2 tablespoons sweet cream or water

2 level teaspoons cornstarch dissolved in the
cream

Use a cooking thermometer for testing, if possible, putting it in with the cold ingredients at the start.

Boil all together slowly, stirring continually until the thermometer registers 232 degrees, or until a very soft ball is formed when a little of the syrup is dropped into cold water.

Any of the sauce which is not used can be kept and reheated (with the addition of a tablespoonful of water) at any time.

FRUIT ICES—SUGARLESS

The U. S. Food Administration has asked all ice-cream manufacturers to discontinue making water-ices, because they require so much sugar. However, water-ices made with honey are entirely permissible and are "good food conservation," as they use fresh fruit, and no sugar.

For making fruit ice, one should have a small cooking thermometer (these cost about \$1.25 to \$1.50 each), as it is impossible to test the syrup accurately without one; and upon the correct density of the syrup depends the smoothness of the ice. The syrup should be well boiled up, but not firm enough to be found in cold water when tested in that way.

LOGANBERRY ICE

- 1 pint loganberry juice
- Juice one lemon
- 1 pound strained honey
- 1½ quarts water
- ½ teaspoon cream of tartar

Put honey, water and cream of tartar over the fire and cook to 220 degrees by cooking thermometer; lacking a thermometer, let the syrup cook five minutes after reaching the boiling-point.

When cold, add loganberry and lemon juice and freeze. (Use two-thirds ice and one-third coarse salt; water-ices require more salt in freezing than ice-creams.)

Serve on a slice of orange, and decorate with a sprig of green.

This recipe makes about two quarts of water-ice.

STRAWBERRY ICE

1 pint strawberry juice or mashed strawberries

Juice one lemon

1 pound strained honey

1½ quarts water

½ teaspoon cream of tartar

Put honey, water, and cream of tartar over the fire and cook to 220 degrees by the cooking thermometer; lacking a thermometer, let the syrup cook five minutes after reaching the boiling-point.

When cold, add strawberry juice and lemon juice and freeze. (Use two-thirds ice and one-third coarse salt; water-ices require more salt in freezing than ice-cream.)

Serve on a slice of orange and garnish with a strawberry.

This recipe makes about two quarts of water-ice.

GRAPE ICE

An ice without sugar or cream—and it is delectable!

3 pounds Concord grapes or 1 pint grape juice

Juice one lemon

1 pound strained honey

1½ quarts water

½ teaspoon cream of tartar

Put honey, water and cream of tartar over the fire and cook to 220 degrees by the cooking thermometer; lacking a thermometer, let the syrup cook five minutes after reaching the boiling-point. When cold, add the grape juice and lemon juice and freeze. (Use two-thirds ice and one-third coarse salt; water-ices require more salt in freezing than ice-cream.)

Serve on a slice of orange and decorate with two grapes and a sprig of green.

This recipe makes about two quarts of water-ice.

PINEAPPLE AMBROSIA

Shred a fresh pineapple—not too finely—with a fork and mix into it one-half pound of marshmallows cut into pieces (shears are best for cutting marshmallows). Let this stand on ice for a few hours.

Just before serving, mix into it two cups of whipped cream sweetened to taste (use strained honey) and the juice of half a lemon. Serve immediately in individual glasses or a large dessert dish, as preferred.

MOUNT BLANC

(A dessert made from chestnuts—big Italian chestnuts—or marrons, as they are called in France. I loved this dessert in France, and so I brought it home with me. And now, when we should eat less pastry and cake and ice-cream, it serves a double purpose.)

Put a pound of large Italian chestnuts into the oven for a moment until the shell and inner skin can be easily removed.

Boil the chestnuts in water, with three table-spoonfuls of honey and a generous pinch of salt, until they are very tender.

Add one-half cup of honey; let it come to a boil; remove from the fire and let stand until thoroughly cold.

Remove from the syrup (save a few large pieces for decoration) and run through a potato ricer onto a platter; mounding it high.

Top it all with sweetened whipped cream (use strained honey to taste) and put a little cream around the edge of the dish—dotting it with the whole cooked chestnuts here and there.

BROWN BETTY

This is an excellent war time dessert—using left-over bread, and no sugar or flour.

- 7 cups apples (chopped)
- 2 cups bread crumbs (dried)
- 1½ cups honey
- 2 cups water
- 1 apple—washed, cored and sliced in rings

Scatter the bread crumbs through the chopped apples, and place in a deep baking dish.

Bring the honey and water to a boil, and pour over the apple and bread mixture.

Sprinkle a few bread crumbs on top, with rings of the apple around the edge.

Bake in a moderate oven for two hours.

Serve with one of the following sauces. Either of the sauces given may be used, according to taste; the hard sauce, of course, is the richer.

SAUCE

- ½ cup maple sugar
- 2 cups water

MONT BLANC

WHEATLESS FRUIT TART

- $\frac{1}{2}$ teaspoon cinnamon**
- 1 heaping tablespoon corn flour**
- $\frac{1}{4}$ teaspoon salt**

Boil for one-half hour and serve hot.

MAPLE HARD SAUCE

- $\frac{1}{4}$ cup of butter, creamed thoroughly**
- $\frac{1}{2}$ cup shaved maple sugar**

Cream the sugar with the butter, beating until very fluffy.

X

RICE MOLD—MAPLE SYRUP

- 1 cup rice
- 2 quarts boiling water
- 1 heaping tablespoon salt

Put the rice in the boiling water and salt and boil hard for twenty minutes. Drain in a colander and pour cold water through the rice until the water runs clear.

Leave the rice in the colander for about twenty minutes until it is perfectly dry.

When the rice is cold, mix into it a pint of firmly whipped cream sweetened to taste with strained honey; place in a jelly mold and put on ice.

Remove from mold and serve with hot maple syrup that has been boiled till a little thicker than is usually served.

BAKED INDIAN PUDDING

- 2 cups boiling water
- 3 cups hot milk
- $\frac{1}{2}$ cup molasses
- $\frac{3}{4}$ cup cornmeal
- 1 teaspoon powdered ginger
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- 1 teaspoon salt
- 1 egg

Add the salt to the boiling water; then add the cornmeal gradually, cooking it about fifteen minutes.

Add the other ingredients, except the hot milk, which is to be added as required while the pudding is baking.

Pour into greased baking dish and bake slowly for four hours.

Either of the following sauces may be used with the Baked Indian Pudding. The Honey Butter Sauce is of course much the richer. Some New England folk like vanilla ice-cream on the hot Indian Pudding.

GINGER SAUCE

- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup molasses
- 1 teaspoon butter
- 2 tablespoons water
- 2 tablespoons vinegar
- $\frac{1}{2}$ teaspoon ginger

Boil for five minutes and serve hot.

HONEY BUTTER SAUCE

- $\frac{1}{2}$ cup butter
- 1 cup strained honey

Cream the butter well, then add the honey slowly, beating until all is fluffy and soft. Strained honey sometimes becomes crystallized, but it is all the better for this purpose if crystallized.

MAPLE SPONGE

- 2 cups maple sugar
- 1 cup chopped nut meats
- 2 egg whites
- 1 envelope Knox's gelatin

Soak one envelope of Knox's sparkling gelatin in one and one-half cups of cold water for ten minutes.

Put the maple sugar and one-half cup of hot water in a saucepan; bring to the boiling-point and let boil ten minutes.

Pour this syrup gradually on the soaked gelatin.

Cool, and when nearly set add the whites of eggs, well beaten. Last, add the nut meats and turn into a mold.

Serve with whipped cream or with the soft custard given on the following page.

SOFT CUSTARD

(This is an inexpensive substitute for cream to serve with stewed fruits. We are urged to use stewed or fresh fruits particularly for desserts.)

- 1 pint milk
- 2 level tablespoons cornstarch
- 1 tablespoon strained honey or maple sugar
- $\frac{1}{4}$ teaspoon salt
- Beaten yolk of 1 egg

Put the milk and sugar or honey in a double-boiler. When boiling, add the cornstarch dissolved in a little of the cold milk, and stir constantly for about fifteen minutes, being certain it boils all the time.

Remove from the fire and add the beaten yolk of egg.

BANUTTI

6 bananas

Juice of $\frac{1}{2}$ lemon

$\frac{1}{2}$ pound nut meats

$\frac{1}{2}$ pint cream

2 tablespoons sugar

Crush the bananas to a pulp with a silver fork; add the lemon juice and sugar.

Chop the nuts rather fine, and stir into the bananas.

Whip the cream stiff and cover the fruit.

Serve very cold in glasses, with a few candied cherries on top.

This amount will serve about eight persons.

BAKED PEACHES

12 peaches (whole and fresh)

1 cup honey

2 cups water

Wash the peaches and place in a baking pan. Pour over them the water and sugar. Cover the pan and bake one hour, or until soft.

Serve ice-cold, with whipped cream and two tablespoonfuls of rum poured on peaches just before serving.

CORN PANCAKES—WITH SOFT MAPLE SUGAR

- 1 cup cornmeal
- $\frac{1}{2}$ cup corn flour
- 2 level teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 pint cold milk
- 1 tablespoon of butter
- 2 eggs

Sift the cornmeal, flour, salt and baking powder together.

Beat the eggs and add to half of the milk. Then add to this the melted butter and mix into the dry ingredients—stirring until all is a smooth paste.

Now add the balance of the milk until it makes a thin batter.

Bake on a hot greased griddle, making each cake six to eight inches across.

Butter and sprinkle with shaved maple sugar. Place one on top of the other until a stack of four or five is made.

Serve, cut like pie.

VII

BEVERAGES, RELISHES, ETC.

CHAPTER VII

BEVERAGES, RELISHES, ETC.

FROSTED SARSAPARILLA

Into one-fourth glass of sweet cream, pour ice-cold sarsaparilla—slowly, so that it will not foam and run over.

A spoonful of whipped cream on top finishes this delectable and nourishing drink.

LOGANBERRY MINT JULEP

Soak a bunch of fresh crushed mint in bottled loganberry juice for two hours; then add as much sparkling water as juice.

Strain, pour into glass, and serve with a marshmallow, a loganberry or raspberry, and

LOGANBERRY MINT JULEP

RHUBARB CONSERVE WITH HOME-MADE COTTAGE CHEESE

SPICED LEMONADE

$\frac{1}{2}$ teaspoon whole allspice

$\frac{1}{2}$ teaspoon cloves

A small piece of stick cinnamon

Put the spices into one quart of cold water and bring to a good boil. When cold, make lemonade from this spice water, using the juice of four lemons to the quart of water.

Sweeten to taste (strained honey can be used in place of cane sugar), and serve with a slice of lemon, having a clove stuck in its center, a stick of whole cinnamon decorated with fresh mint, and a plentiful supply of cracked ice.

CREAMED GINGER ALE

Use extra dry ginger ale, if possible, and fill the glass one-fourth with sweet cream.

Pour the ginger ale into the cream very gently—as it foams very high unless one is careful.

Serve at once.

SPARKLE PUNCH

Put a large piece of solid ice in the punch bowl.

To each bottle of *ice-cold* ginger ale—extra dry is best—use the juice of one orange and one lemon; pour over the ice as soon as the ginger ale is opened. If the ale is ice-cold before making punch, it will retain its sparkle until all is served.

This is a very delicious punch for dances, as it is sparkling and not too sweet.

FRESH LIME-ADE

Use the juice of two fresh limes to the juice of each lemon; sweeten with strained honey to taste.

To each lemon, add a large glass and a half of water; and allow two tablespoonfuls of shaved ice to each glass.

Float a slice of lime with a clove and a currant or red berry in each glass.

COTTAGE CHEESE

Cottage cheese we are urged by the Government to use in place of cream cheese. It is easily made at home from milk or cream that has become sour and might otherwise not be used. *To use everything we buy for food* is an important part of food conservation—and it is the only way in which we can economize in these days of high prices.

There are many ways in which cottage cheese is deliciously served. I have here illustrated it served with a sweet as dessert. This cheese needs cream or other fats to make it richly delicious; but as cream is one of the things we are asked to conserve, I find it splendid when moistened with salad oil—seasoned with salt and a dash of paprika. You may wish to serve it with a salad; in which case, add chopped parsley, chives or olives, and roll into small balls.

Pour three quarts of boiling water on three quarts of sour lobbered milk. Let it stand a few minutes, then pour into cheese-cloth and drain over night. Another way is to heat the

sour lobbered milk to blood heat or lukewarm, and keep it at this temperature (no warmer) until the curd forms and comes to the top; then strain into a cloth to drain. The first way is safer, for if you heat the milk a bit too warm, the curd will be hard and not soft and creamy.

RHUBARB CONSERVE

Boil for twenty minutes, four pounds of rhubarb cut into small pieces, leaving the skin on.

Add the juice of five lemons and the rind, which has been sliced off thinly and boiled in a little water for about twenty minutes, or until soft, then chopped fine.

To this add six pounds of light maple sugar, one pound of blanched almonds, chopped or cut, and one wine-glass of Jamaica ginger.

Boil all together until thick.

The almonds may be omitted, if desired, and still leave a delicious marmalade.

CUCUMBER PICKLES

We ought to make our own pickles and use them in place of olives, which have to be transported so great a distance, thus helping to congest our railroads in war time. Use things near at hand for food, so railroads can be used for necessities such as coal and munitions.

1 gallon vinegar
1 cup salt
1 cup mustard

Stand the vinegar on the stove until it comes to a boil; when perfectly cold add the salt and mustard. Should the vinegar be very strong, reduce one-half with cold water before adding the salt and mustard.

Select cucumbers two to three inches long. Scrub them thoroughly with a vegetable brush; wipe with a cloth and pack in jars. Fill with vinegar mixture and seal.

A little fresh horseradish added to each jar improves the flavor.

These pickles will keep hard and crisp for two years, are easy to make and very delicious.

HOME-MADE RELISH

- ½ cabbage**
- 6 green peppers**
- 3 cucumbers**
- 5 beets**
- 2 small onions**
- 1 cup vinegar**
- 2 tablespoons maple sugar**
- 2 tablespoons salt**
- 1 teaspoon paprika**

Chop all the vegetables together; add the vinegar, maple sugar, salt and paprika.

Mix well together, and serve on a lettuce leaf.

GINGER PEAR

Use hard pears; peel; core and cut into small pieces.

8 pounds pears—after they are cut

8 pounds sugar

Juice of 4 lemons

1 pint water

$\frac{1}{2}$ pound ginger sliced thin

Cut the lemon rinds into long thin strips. Put all into a kettle and simmer until the pears are tender. Seal in glass jars.

If one wants it very thick, simmer it a much longer time.

Made in Italy

